Worksheet

Part 1 - INTRODUCTION

1. It is the primary responsibility of all food workers to serve **s**_____ food.

2. The definition of a foodborne illness is any illness or disease caused by eating or drinking **c**_____food.

3. Describe signs and symptoms of foodborne illnesses (FBI): nausea, **v**_____ , **d**_____, cramping, abdominal pain, chills and fever.

4. Anyone can get a foodborne illness, but what 3 groups of people are more susceptible for contracting one: (1) **C**_____and elderly; (2) Pregnant **w**_____ ; (3) Immune-compromised people.

5. **B**_____and viruses are the most common causes of foodborne illnesses.

6. Bacteria are very small living, single-celled microorganisms. Some bacteria cause food spoilage, while others cause foodborne illnesses. Under favorable conditions, bacteria **g**_____ and multiply rapidly in the Temperature Danger Zone.

7. Name six conditions necessary for bacterial growth and multiplication (FAT-TOM): Food, Acidity (Low), **T**_____, **T**_____, Oxygen and Moisture.

8. F(food)AT-TOM: Bacteria grow and multiply in Potentially Hazardous **F**_____. Most microorganisms causing foodborne illnesses are transmitted through PHF.

9. What is Potentially Hazardous Food (PHF)? PHF is **m**_____, contains protein, and is neutral or slightly acidic. Bacteria are able to grow and multiply rapidly in Potentially Hazardous Food.

10. What are some examples of Potentially Hazardous Food? Every kind of meat and **m**_____products, including red meat, poultry and fish; milk and dairy products; eggs and egg **p**_____; all cooked vegetables and grains such as cooked pastas, potatoes, rice and refried beans; raw sprouts such as alfalfa and bean sprouts and cut melons.

11. FA(acidity)T-TOM: Disease causing bacteria prefer food that is **n**_____or slightly acidic such as meat and dairy products. Bacteria do not generally grow in high acidic food such as commercial mayonnaise, tomato sauce and pickles.

12. FAT(time)TOM: Bacteria need **t**_____ to grow and reproduce.

13. FAT-T(Temperature)OM: What is the range of the Temperature Danger Zone? It is between _____º F and _____º F.

14. The Temperature Danger Zone is the ideal temperature range for bacterial **g**_____ and **m**_____and is dangerous to the health of customers.

15. At what temperature range should cold PHF and hot PHF be kept safely? Keep cold PHF at _____º F or below. Keep hot PHF at_____ºF or above.

16. Monitor food temperatures with a food **t**_____.

17. Thermometers must be washed and **s**_____ before and after each use.

18. Food thermometers shall be calibrated regularly and accurate to ±_____ º F.

19. Describe the ice point calibration method. Fill a cup with crushed ice and water. Insert the **t**_____ probe into the ice water mixture. It should not touch the sides or the bottom of the container. Adjust the thermometer if not reading _____º F.

20. The best way to reduce bacterial growth and multiplication is by controlling the **t**_____or **t**_____.

21. What are the major factors that cause foodborne illnesses? (1) **T**_____and **t**_____abuse. This includes holding PHF in the Temperature Danger Zone for an extended period of time while cooking, reheating, cooling, holding or improperly defrosting

food. (2) Employee poor personal hygiene practice, which includes the lack of hand washing or improper hand washing or working while ill; (3) Contamination and **c**_____ contamination.

22. Cross contamination happens by using improperly cleaned and sanitized equipment or utensils; by handling equipment, utensils, food and food contact surfaces with employee **c**_____hands; by mixing freshly prepared food with leftovers; by using or placing unsanitized cloth towels on food contact surfaces; by storing ready-to-eat food under raw meat.

23. Biological contamination is the contamination of any food with living microorganisms such as **b**_____ or viruses.

24. Physical contamination is the contamination of any food with foreign **o**_____such as hair, fingernails, glass, etc.

25. Chemical contamination is the contamination of any food with **c**_____such as detergents, bleach or insect spray.

Part 2 - EMPLOYEE PERSONAL HYGIENE

1. One of the primary sources of contamination is your hands. The most important factor of employee personal hygiene and controlling foodborne illnesses is proper **h**_____ **w**_____.

2. You should rub your hands together for at least _____ seconds and dry hands with paper towels or hot air dryer.

3. You should wash your hands before preparing food; after handling raw food; after coughing, sneezing, or touching your hair or face; after handling chemicals; after touching anything that can contaminate hands; after eating, drinking or smoking; after break time and most importantly, after using the **r**_____.

4. You must wash your hands before putting on **g**_____.

5. Gloves must be worn if you have cuts, sores, bandages, rashes, nail polish, artificial nails or **j**_____ on your hands.

6. Employee good personal hygiene includes bathing or showering everyday; wearing clean clothes; removing jewelry and wearing a **h**_____ or hair net to prevent hair from falling into the food.

7. Foodhandlers must not **e**_____, **d**_____, spit, chew gum or tobacco, or smoke while handling food.

8. Store personal belongings in a **l**_____ away from food storage, preparation and utensil washing areas.

9. Stay **h**_____ when you are sick and notify your manager. Do not handle food or utensils if you are coughing or sneezing.

Part 3 - RECEIVING

1. Deliveries should be received during off-peak **h**_____.

2. Check **d**_____products. Check for mishandled products and/or improperly labeled products.

3. Cold PHF must be received at _____º F or below.

4. Hot PHF must be received at _____º F or above.

5. What food items must be rejected during delivery? Meat, poultry and eggs without the USDA **s**_____; swollen, rusted, punctured or dented cans; canned food without **l**_____; shellfish without tags; packaged food with holes, tears or punctures; vermin-infested food.

Part 4 - STORAGE

1. Keep the temperature of PHF in the refrigerator at _____º F or below.

2. Place the thermometer in the warmest and most **v**_____ part of the refrigerator, located just inside the door.

3. Store raw meat, poultry, seafood and raw eggs **b**_____ ready–to-eat food to prevent cross contamination.

4. Define FIFO: First In First **O**_____. That means use old products first.

5. Do not place steaming hot food directly into the **r**_____.

6. Do not use household-type **r**_____.

7. Do not cover refrigerator or freezer shelves with aluminum foil or **c**_____.

8. Keep frozen food in its **s**_____ state.

9. The freezer thermometer must be **a**_____ and readily visible.

10. Do not refreeze thawed food unless **c**_____ first.

11. Keep all dry food at least_____ inches above the floor on approved shelving or racks.

12. Properly label all bulk food containers with the common or usual **n**_____ of the products.

13. Do not store **c**_____ in food storage or preparation areas.

Part 5 - FOOD PREPARATION

1. List 4 approved thawing methods: (1) In the **r**_____ or walk-in cooler (the best method); (2) under cold running **w**_____;(3) in a microwave; (4) as part of the cooking process.

2. Do not thaw frozen food at room temperature or in **s**_____ water.

3. What is the minimum internal cooking temperature of: stuffed food = 165º F; poultry = 165º F; ground meat = _____º F; ground poultry = 165º F; pork = 145º F; microwave cooking = _____º F.

4. Hot PHF must be cooled quickly from _____º F to _____º F in 2 hours. Continue cooling to 41º F in an additional 4 hours.

5. Do not cool hot food in **d**_____ containers, stock pots or freezer.

6. Cool hot food by (1) dividing food into shallow containers; (2) using an **i**_____ **w**_____ bath; (3) using rapid cooling equipment such as an ice paddle or blast chiller. Do not cool hot food at room temperature.

7. Rapidly reheat all previously cooked PHF for hot holding to at least _____º F using cooking equipment such a stove, oven or microwave.

8. Do not use **h**_____**h**_____equipment such as a steam table to reheat previously cooked food.

Part 6 - SERVING

1. Hot food must be kept at _____º F or above. Cold food must be kept at _____º F or below.

2. Food must be served with cleaned and **s**_____ utensils, such as tongs and ladles.

3. Hold serving utensils and flatware by their **h**_____.

4. Use an approved **i**_____ **s**_____ with a handle to scoop ice, not a cup.

5. Minimize **b**_____ **h**_____contact with ready-to-eat food.

6. Use sneeze guards to protect **f**_____on display.

7. Label all food **c**_____ displayed in buffets.

8. Customers should not reuse **d**_____plates for refills.

9. Do not touch food contact areas of plates, bowls and **g**_____.

10. Do not reuse garnishes, fruit, pickles, bread or **c**_____.

Part 7 - EQUIPMENT

1. Maintain all equipment and utensils **c**_____ and in good repair.
2. Use approved **c**_____ -type equipment and utensils.
3. Do not use **h**_____-type equipment and utensils.
4. Purchase ANSI, NSF or **U**_____-approved equipment and utensils.
5. Use separate cutting **b**_____ for raw meat and ready-to-eat food to prevent cross contamination.

Part 8 - CLEANING AND SANITIZING

1. Equipment, food contact surfaces, utensils, cutting boards, and food preparation tables must be cleaned, **s**_____ and air dried.
2. What is the definition of cleaning? Cleaning means removing food particles and other soil from the **f**_____ contact surfaces. What is the definition of sanitizing? Sanitizing means reducing the number of microorganisms to a **s**_____ level.
3. Approved sanitizing agents are **c**_____, Quaternary Ammonium Compounds (Quats) and Iodine.
4. Food contact surfaces must be cleaned and sanitized when switching from **r**_____meat to ready-to-eat food, when the food contact surfaces become soiled and/or contaminated, and at least every 4 hours when in continual use.
5. The first step of manual washing is pre-washing, then wash, rinse, **s**_____ and finally, air dry to prevent contamination by using contaminated towels.
6. The concentration of Quats is 200 ppm for 60 seconds; Chlorine_____ppm for 30 seconds; Iodine 25 ppm for 60 seconds; hot water 180º F for 30 seconds.
7. Use a **t**_____ strip to measure the concentration of the sanitizer solution.
8. Store wiping **t**_____ in a sanitizer bucket with an approved chlorine or QUAT solution. Never leave wiping towels on food contact surfaces.
9. To prevent contamination in a food facility, do not use cloth towels to dry food contact surfaces; don't **r**_____ off food contact surfaces after they have been sanitized; don't overload the dishwashing machine.
10. Store clean and sanitized utensils at least _____ inches above the floor surface.
11. Chemicals must be kept in their original labeled containers in a **l**_____ and labeled cabinet, away from food storage or preparation areas.

Part 9 - INTEGRATED PEST MANAGEMENT (IPM)

1. Pests carry and spread disease-causing **m**_____.
2. An Integrated Pest Management (IPM) program includes prevention, control and **e**_____.
3. In order to keep pests from entering into a food facility, **s**_____ all windows and vents; keep all exterior doors closed; install and use air curtain; properly seal all cracks and crevices with approved sealers.
4. To control pests, **c**_____ the establishment regularly and thoroughly, keep all food and supplies at least 6 inches above the floor surface and inspect food for signs of insect or rodent infestation.
5. List 3 signs of cockroach infestations: **d**_____, egg cases and oily odor.
6. List 4 signs of a rodent infestation: (1) gnawing, (2) **d**_____, (3) nesting materials and holes in the wall or floor.
7. Chemical **b**_____ shall be used only by a licensed pest control operator.